

AWC meeting January 31, 2012
1:30 p.m. 3:00 p.m.
Centennial Building, Ladyslipper Conf Room
Meeting Minutes

Attending:

Colleen Siegl	MMB	Chris Barth	DOC
Lorelei Peters	MMB	Jennifer Romero	Lottery
Tamara Bohmert	DPS	Sandea O'Bryant	Adm
Brianna Werket	Military Affairs	Shannon Tupper	MMB
Nikki Trifilette	MDH	Amy Sanda	MnDOT
Cori Huffman	MDH	Kim Engwer-Moylan	MDH
Michele Lardani	OAH	Linda Feltes	MMB
Cathy Quintero	OAH	Liz Friday (by phone)	DHS

Linda Feltes – Welcomes group today

Group provides introductions and agency updates

- Agencies are in various stages of effort, participation, and commitment.
- Agency Wellness Committees are in various stages of progress, change, and transformation.

Linda Feltes – Updates

- Linda will e-mail the AWC survey results rather than provide a report today.
- MMB is researching the “sit to stand” work stations and will provide pre and post summaries. A goal for all agencies may be not to do more exercise, but to just get employees standing.
- Farm Shares info will be coming from Linda for this growing season’s deliveries. A very real possibility is that there will be a Farmer’s Market this year at the Capitol Mall.
- E Jam introduced by Mn/DOT following the state shutdown, has gotten noticed by other Commissioners and the Governor as a valuable interactive communication tool and will be researched for use statewide.
- DHS will host the State Capitol 5K this year.
- “Nice Bikes” is coming to St. Paul.
- Remember to consider paid and unpaid interns for assistance in Wellness planning and/or projects.
- There will be a SEGIP vendor summit; all Health Plans will be invited to participate. The goal is for all plans to have more consistency.
- The state agency **Check for Health** assessments are due back to Linda by February 15, 2012. Agencies are encouraged to have more than just one employee/Wellness Champion complete e assessment. Keep one copy to review with your team and send a copy to Linda.
- AWC should consider attending each other’s wellness meetings for additional perspectives and information. MMB’s next wellness meeting is March 8. A question was asked about AWC attending other county wellness meetings, and Linda indicated that it was possible as well as perhaps business partners such as General Mills; Linda will research.

Recess

Agencies worked on individual Wellness planning until 3:45. Here is a link to Preparing a Wellness Plan:

<https://extranet.mmb.state.mn.us/workwell/present/Prepare%20a%20Wellness%20Plan.pdf>

Next meeting:

Tues Feb 28, 1:30-3

Ladyslipper Room, Centennial Bldg
658 Cedar ST.

Linda asked for ideas for February –

- Bob will lead the stretch break
- Agenda items were:
 - Defining what is appropriate for Wellness fund raising
 - How can budgeted Wellness funds be spent
 - JourneyWell summary report

Note error on Planning Calendar. The Run@Work 5K is Friday, Sep 21.